



THE PLACE TO WORK ON YOUR
BODY, MIND & SPIRIT TO ACHIEVE
A FULLER & MORE BALANCED LIFE

Corporate Discount Rates for Yearly Membership: Individual Access \$94 All Access \$102

Questions about Membership?
Already a Member?
Refer a friend, get Rewards!

Kory Nelson:
202.393.8432
knelson@vidafitness.com

Balance	Motivate
Empower	Focus
Challenge	Excel